



adeara

2018-2019

Report to Our Community





Changing communities through changed lives.

## Working Together in Our Strengths

**Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. 16 From Him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.**

### **Ephesians 4:15-16**

In an organization, there are many moving parts: the Board, staff, clients, donors, families, drug court, community services, and more are working together to build a strong organization. We started with a small house and a lot of faith. Over these years Adeara has grown, expanded and changed, and as a result, we have hit our current growth capacity. To expand and grow has not only been the dream, but also a huge need in reaching more women and children in crisis. Ephesians 4:15 is an encouraging scripture that has been the framework for this past year. Working together in our strengths has been key in building a strong organization. Building has been the call, and to grow and become what God has called us to be, we will follow.

We have walked through both struggles and growth this past year. This fiscal year has been a challenging one, yet at the same time, this year we saw some exciting progress. Award-winning architect Avi Friedman has partnered with us to design for us a net zero energy building. We had some changes with our partnerships, including the loss of Salvation Army, however, this has not deterred us from continuing to pursue the vision God has called us to. We had another setback when the city removed the opportunity to secure a future location at Station Pointe off Fort Road and 66th Street. Now, we are working with the city to secure land in Blatchford area. We are committed to this vision of the new building, which will house 50 women and children in crisis.





Lori Patrick has done a spectacular job as Executive Director. She has taken on some tough situations, and in turn, resolved some of our root issues.

Our organization has maintained our accreditation strength with two certifications from the Canadian Accreditation Council (CAC). Adeara has a strong staff and a proven program that has documented great success. We replicate and exemplify Ephesians 4:15-16 as we build on the strengths of our stakeholders and create a strong organization.

Though we have faced financial stress, God has been faithful and with the help of g[squared] Marketing we are working on continued sustainable funding as we learn to tell our story more effectively. We are looking forward to a prosperous 2019/2020. With faith and obedience, we will reach beyond.

Kindest Regards,

Mark Evans  
Chairman of the Board









# Change Makes Way for Growth

In my short 9 months at Adeara, I've been reminded that in order to see growth and maturation, tough decisions and hard conversations need to occur. The residents at Adeara walk through that deep work every day. Women come to Adeara to see change happen in their lives. While the process is long and difficult, without the tough conversations and learning to do things different, change cannot happen.

Adeara, as an organization, is no different. As we continue in our journey to become leaders in addiction recovery, we have seen much change occur over this last year. The staff and residents said farewell to their leader in the fall of 2018. The resignation of Dawn Himer left a large gap in the organization, yet the staff who remained stepped up in their roles and responsibilities to ensure the excellence we strive for continued.

Since that time, our team has continued to evolve. For various reasons, we've said farewell to some key members: these goodbye's have changed the structure of our team yet without compromise to our programming. I'd like to acknowledge Shauna Blaak, Jenny Dannhauer, Stacey Bell and Marleen Gray for their commitment to the Women of Adeara, as they served with excellence. These women poured their hearts into Adeara, and their imprint will last forever.

In addition to staffing changes, we've seen some other key changes in our programming. We have:

- increased our community involvement (i.e. AA, GA, YMCA Programs, etc.) as a means to cultivate outside supports for future community integration and independent living
- added to our team a volunteer physician who meets with women as needed, provides medical care to women who don't have a doctor, and gives input where applicable to our clinical team
- introduced more intentional programming and supports for the children in the house
- added the book *Addiction and the Brain* to our programming (written by one of our qualified Addiction Counselors)
- introduced the Genesis Process (relapse prevention), led by a certified facilitator
- continued our favour with the Canadian Accreditation Counsel (CAC)

The final area that has seen change, as a result of challenge and providing an opportunity for growth, is in our monthly funding. We are grateful to report that over the years, our needs have been met, with some years more abundantly than others. We recognize God's provision in every season, largely due to our generous supporters throughout the years. In Alberta's current economy, we're seeing the large donations that were once regular become more infrequent, exposing the great gap between our consistent monthly funding and the expenses that are required to run our program each month. This deficit has prompted greater emphasis on donor relations and giving campaigns that prove to be sustainable. This is a goal and priority today and in the days to come.

Instead of seeing change as a threat, we have chosen to see the changes at Adeara as an opportunity for broader growth and focus. I know now more than ever that if we can withstand the financial pressures of this past quarter as we did, Adeara is meant to continue as a house of hope for this city.

Lori Patrick,  
Executive Director



# Meet the Board

## Chairman of the Board

Mark Evans

## Vice Chair

Charlene Dykstra

## Treasurer

Charles Evans

## Secretary

Colleen Foley

## Directors

Greg A. Assaly

Jesse Jervis

Tiffany Linke-Boyko

Yukonna (Connie) A. Spooner

David Cornock

I am privileged to serve on the Board of Adeara and use the strengths God has given me.

I believe that every woman who chooses to enter our doors is a Champion—choosing to seek help, take ownership, and do everything she can to overcome the challenges she is currently facing. I also believe that there's no greater reason to serve than to see people come to know Jesus.

*"Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms" 1 Peter 4:10 NIV*

That's why we will continue to impact women's lives for eternity.

**Colleen Foley**

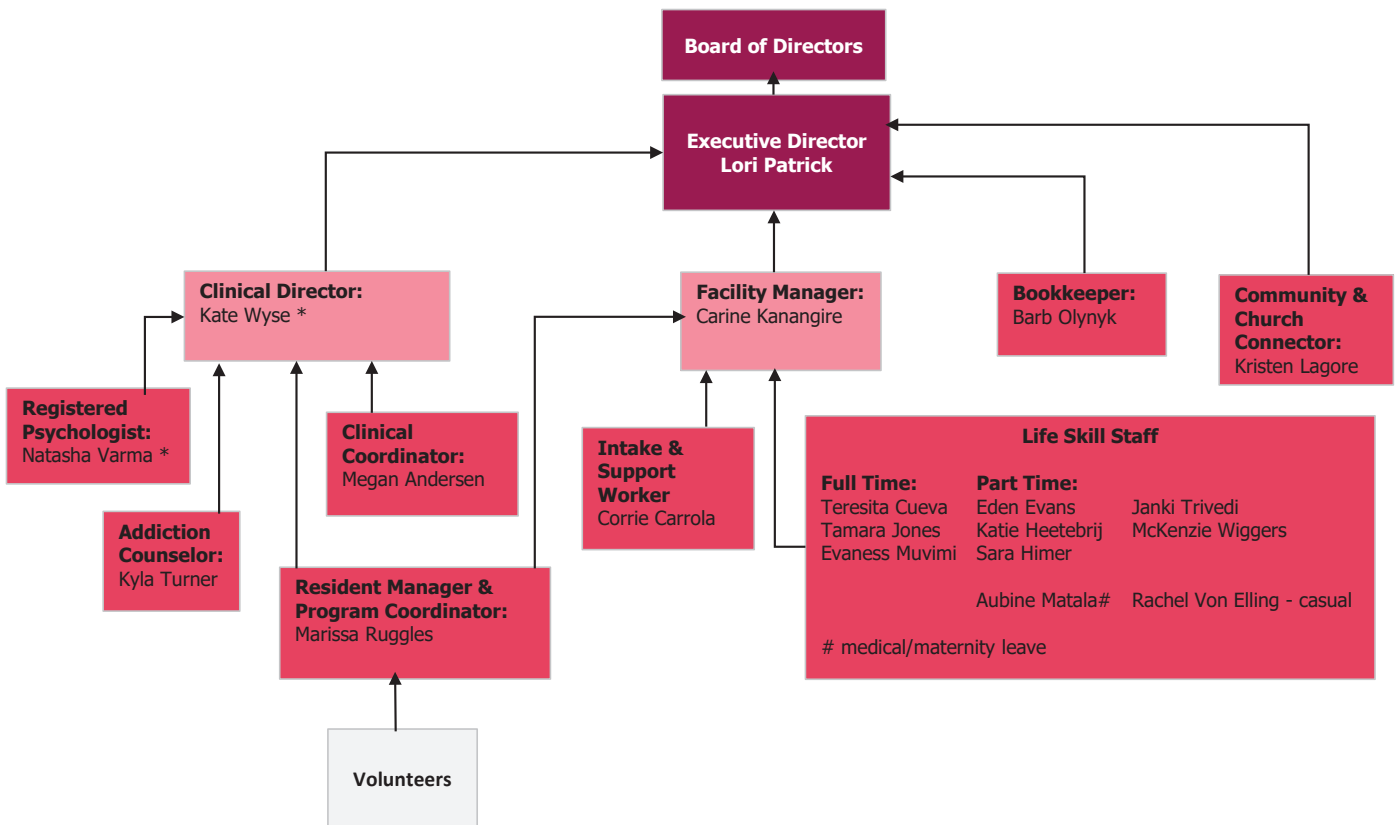
Families are stronger together. Like our Adeara family, there's strength in family collectively together.

**Greg Assaly**





# Organizational Chart



\* Professionally regulated

## Volunteering at Adeara

### Our Volunteers

Chantel Brulotte	Julia Schmidtke
Lauren Engelking	Kathy Short
Leanne Huisman	Laura Swanson
Erica Kalke	Tara Thompson
Kaitlyn Etoroma	Shauna Tomalty
Emily Lecerf	Amanda MacKenzie
Rachel Lucier	May-Ann Devries
Amanda Mclean	Nadine McCalla
Michelle Martin	Stephanie McLaren
Sharon Martin	Rebecca Miketon
Diane Pederson	Myrna Parker
Nancy Riegel	Sarah Shandera
Ingrid Rust	Daniel Etoroma

# 822

Total Volunteer Hours  
in 2018-2019  
(Including Board)

We have many volunteer opportunities! Get involved at [adeara.ca/ways-to-give](http://adeara.ca/ways-to-give)



# Program and Client Outcome Expectations

## Clinical Perspective

### **Stabilization Stage—from 0 to 6 months**

When women enter Adeara, our primary objective from a clinical perspective is to assist them through the stabilization stage of recovery. Typically, this takes between three to six months due to extensive addictive behaviours, trauma, and a lack of knowledge and education about the disease of addiction. During this period, we see the women revert back and forth between maladaptive thoughts and behaviours and healthier choices and thinking (like a roller coaster effect).

### **Early Recovery—from 6 months to 1 year**

Through individual therapy, group therapy, and programming, this roller coaster effect lessens around the six-month mark, and the women begin to embrace healthier behaviours. Many of the women who come to Adeara have both addiction and mental health issues (known as 'dual diagnosis'). However, addiction and mental health behaviours often mimic each other, and until the woman is stabilized and moving into early recovery, it is difficult with any certainty to diagnose a mental health disorder. It is during this 6-month to 1-year period that licensed therapists are able to detect mental health disorders and begin to treat the resident from a dual diagnosis perspective.

### **Middle to Late Recovery—from 1 year to 18 months**

Between one year and eighteen months is where we see the fastest growth in our residents. By this time, they have adopted healthy thinking and behaviours, more self-awareness, and have developed good coping strategies and choices. Addictive behaviours are seen more like a 'tough day.' Residents even begin to volunteer or explore educational or career aspirations.

Most of the women who come to Adeara for treatment have had many years of addiction, abuse, childhood and adult traumas, loss of family relationships including children, along with mental health issues. Therefore, long-term treatment provides the best outcome for sustainable recovery. Many of our women have lost their children on account of their addiction. At Adeara, we provide long-term support that allows our women the time they need to heal from the effects of addiction and trauma, and through this process, develop skills to sustain recovery and build healthy homes for them and their children.

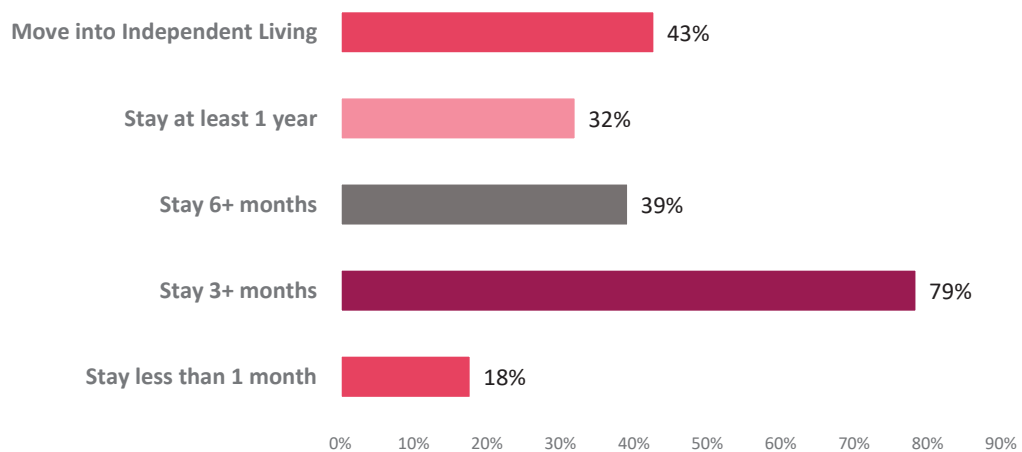
It is such a gift and blessing to be a part of these amazing women who are changing their lives!

Kate Wyse,  
MA, CGPA, CCC, Clinical Director/Therapist





## Residency Progress at Adeara During 2018-2019





# A Rounded Approach to Addiction Recovery

In the addiction field, we talk about recovery in a holistic manner: it is a bio-psycho, social and spiritual disease. How does one recover? Through programs addressing all topics, including the physical, mental, emotional, and spiritual areas of their lives. At Adeara, we address addiction and mental health with holistic programming to support the healing of the damage these women and children have experienced.

**Women come to Adeara in what they believe to be a hopeless state.**

Women come to Adeara in what they believe to be a hopeless state. Our goal is to equip them to leave with hope, purpose and the preparation to live a healthy, fulfilled life.

Adeara's programs are facilitated by a variety of volunteers and a professional counsel team providing individual counselling and group therapy. Our programming covers life skills such as time management, money management, cooking, hygiene, safe internet use, volunteering and employment preparation. A recently added series called Addiction and the Brain explores the bio-psycho components of recovery.

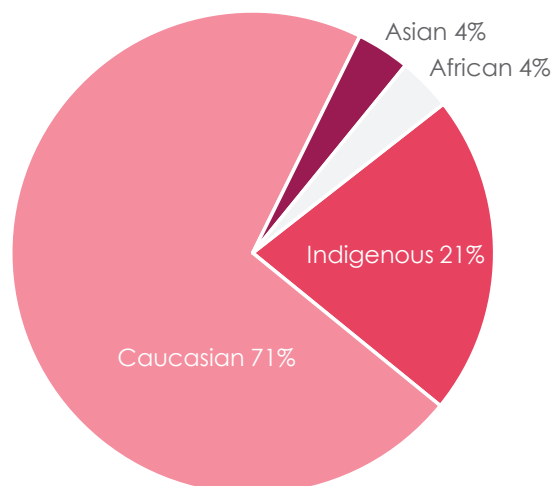
The spiritual aspect of recovery is just as important. The women engage in devotions, learn about pride and humility, study the Bible, take part in the Alpha series, attend church and engage in art and music therapy. As they engage in spiritual recovery they also take part in physical recovery; such as, working out at the gym, going for walks, taking part in outdoor activities, helping with food prep and going for regular medical checkups. The emotional and social components of the recovery plan are not necessarily as obvious, as they involve internal awareness and work to change belief systems, identify values and behaviors. The women are taught about codependency, rational emotive therapy, boundaries, staying sober, and limiting beliefs.

We know recovery is a lifelong journey, and we work hard to set up support systems for when they leave. We have a "Transition" program whereby they continue to get encouragement and direction to appropriate community resources. It's our heart and our goal to help our residents develop strategies to live a functional, family-supported and community enhancing life.

**OVER 600**  
women served over  
**20 YEARS**

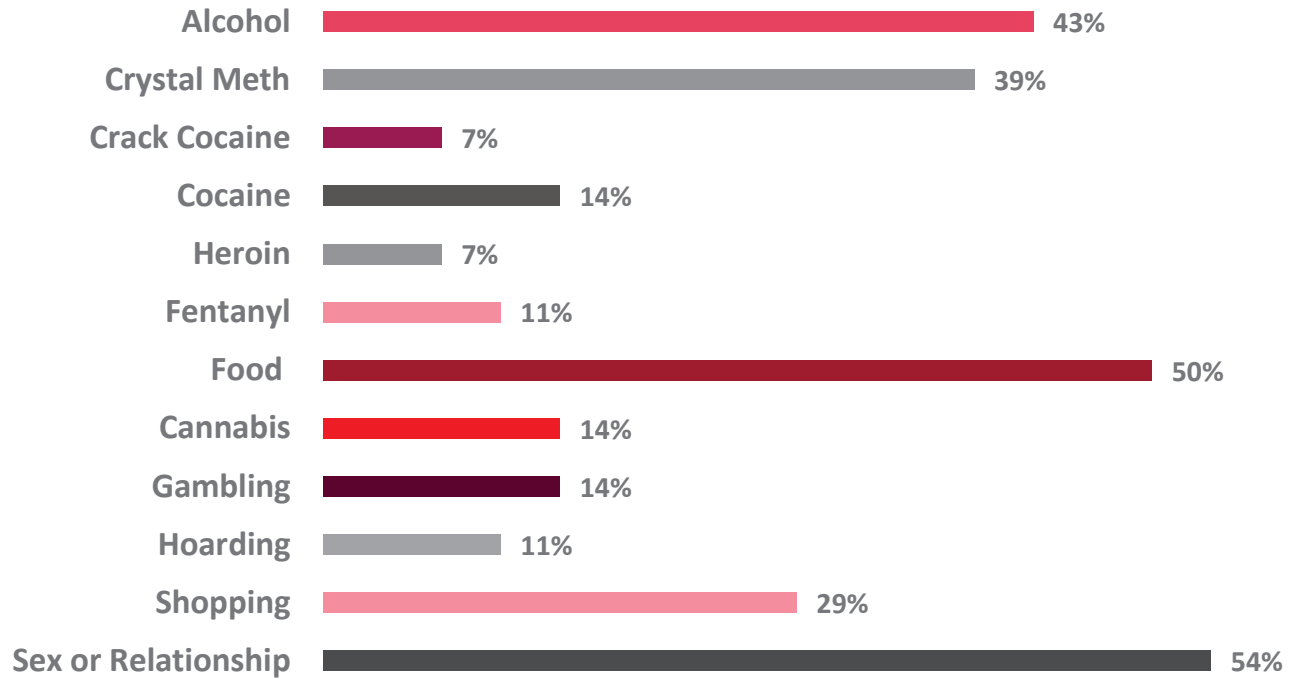
**This year we served  
27 women  
and their children**

Resident Ethnicity 2018-2019

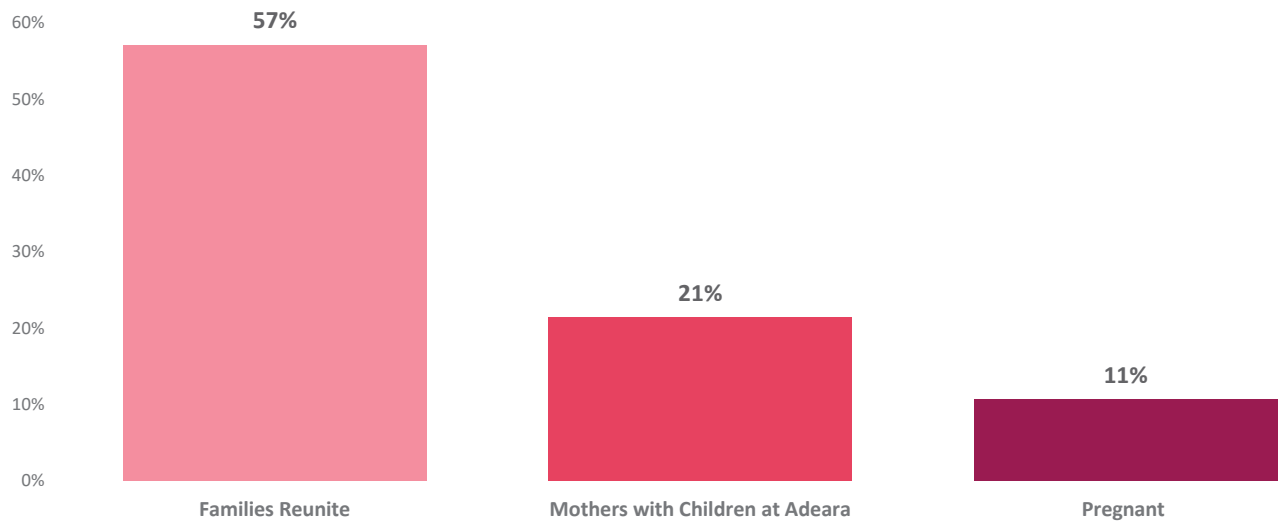




## Percentage of Resident Addictions 2018-2019



## Mothers at Adeara 2018-2019







## "Drug Court may have sent me here, but Adeara saved my life." - Jocelan

Growing up, I knew about God, but I didn't really know Him. I remember going to church with my grandmother and praying as a little girl, but as I grew older, things changed, and I became increasingly angry. After losing my grandma, I turned my back on God and felt an emptiness, a void, that could not be filled. I felt so alone and desperately sought to find relief. I moved from one thing to the next, making bad choice after bad choice which spiraled out of control until I lost everything. I found myself in bondage and couldn't find a way out. Realizing how much devastation I'd caused and how broken I was, I cried out for help.

I can't explain what happened next, other than it was a miracle because my life began to change dramatically. Instead of having to serve up to ten years in federal prison, I was accepted into Adeara Recovery Program and found myself surrounded by women with strong faith. That's where I found Christ. I know now that the Lord Jesus was moving in my life even before I knew Him intimately. Today, I am walking with Jesus and am asking for His will for my life. I am mending broken relationships with my beautiful kids and my family, and I'm working to give back to my community and church. I am taking responsibility for my life. I have been reborn and am finding my identity in Christ—my past no longer defines me. This is my second chance, and I'm so grateful.

Jocelan, Adeara Resident









Adeara comes from the Hebrew word for 'strength, tenacity, and perseverance,' and states it with beauty and love. Our new name speaks of fortitude and transformation.

Our logo pays homage to that little pink house from which we started and shows the beautiful blend of providing women with a Home for safety and an Archway to recovery. A place to belong and a pathway to freedom.

We are Adeara!



# Evening of Dreams 2018

## Growing Forward

This year's Evening of Dreams Gala was attended by 350 supporters, friends and family of Adeara. How wonderful it was to celebrate our 20th Anniversary together, share stories of transformed families and testify of God's faithfulness over the years!

The heart of this year's event was to capture our rich history and inspire new partnerships and ideas as we grow forward in reaching more women. We came to tell the story of where Adeara came from, where we are going, and honour the courageous women we walk with each day.

Mark Evans, Chairman of the Board, opened our evening with highlights from the past 20 years. He graciously honoured our founders as well as key individuals who have faithfully served us over the years: Connie Spooner (long-standing Board member), Alma Clark (our first Executive Director), and Dawn Himer (our most recent CEO). Mark also painted a beautiful picture of a future Adeara that will impact hundreds of more women and children in the years to come. God's dreams for Adeara are bigger and better than we can even think or imagine!

This year's event was designed to attract individuals from many walks of life, teaching us that we can together utilize our gifts, passions, and platforms to propel change. Talented artists like Martin Kerr, Josh Sahunta, and Arlene Musselman used their music and fine art to captivate the audience while remaining attuned to the nature of our cause. Our Master of Ceremonies, Ed Childs, used his keen sense of humour to set the audience at ease all while communicating Adeara's need for increased partnership and financial giving. We are so grateful to all of our special guests for sharing their talents and time with us! The evening would not have been complete without our keynote speaker, Bethany Zelent, previous Education Coordinator at Adeara.

This year, we surpassed our original goal of \$60,000.

**Together, we raised over \$85,000!**

Thank you, everyone who made this incredible achievement possible, from the planning team to the program talent to everyone who attended.



# Leap of Faith 2019

In June of 2019, Adeara Recovery Centre hosted its 6th Annual Leap of Faith, our Skydiving Fundraiser.

"Over the last five months, I've had an up close and personal look at women who face their fears each and every day, not to raise funds, but rather to make life-altering choices that lead to transformational life change! Their journey is scary, but life on the other side of their addiction is so beautiful. Just like the jump out of the plane is tandem, so is the recovery process at Adeara. The women enter alone, but together with counsellors, staff and volunteers they journey towards recovery in community."

Lori Patrick

## 39 JUMPERS

## \$84,500 RAISED









# Our Supporters

We are so grateful for faithful support from the following:

Al-Terra Engineering Ltd.  
ATCO Electric  
Barcode Construction  
Champion City Church  
Comfort Heating 1981 Ltd.  
Gospel Centre Pentecostal Church  
Eaglemont Christian Church  
Etoroma Creative  
Hope City Church  
JIREH Industries  
Lehmann Plumbing  
Link Charity Canada Inc.  
MMD Sales Ltd.  
PayPal Giving Fund Canada  
Robinson LLP  
Shoppers Drug Mart – Life Foundation  
SMMART Foundation  
Southside Pentecostal Assembly  
Supervision Consulting  
Tailor Made Insurance  
The Alberta Knights of Columbus Charitable Foundation  
The Church at South Edmonton  
The Park Pentecostal Church  
The Rebman Christian Foundation  
The Sawatzky Specialties Foundation  
United Way of the Alberta Capital Region  
Wawanesa Insurance  
West Edmonton Christian Assembly

**Thank you to all the individuals, businesses and those who wish to remain anonymous for investing so generously in the lives of our beautiful women. Your kindness has made eternal impact.**

**Big thanks to these businesses that completed our 2019 renos:**

Barcode Construction  
Ritz Mechanical Services  
Arrow Electrical Services  
West Point Roofing  
Sherwin-Williams  
Shiny Side Up Flooring  
Platinum Custom Framing  
PNV Painting  
Fineline Locksmithing  
J Martin Metal Fabrication  
CaGranite  
Kitchen Craft  
Max Heating and Air Conditioning



# Year at a Glance

## Overview of 2018-2019

The most significant change that happened this year was the much needed renovation. Like most renovations, the work and cost was greater than anticipated, but the outcome was beautiful and beneficial to the women at the centre. The repairs that were done provided increased safety and security in the building, giving the residents greater peace in the midst of their recovery journey, once completed. Here's a brief overview of the renovation:

### Total Cost of Renovations

Just short of 300,000:

- \$173,700 for the roof (Hope City Church committed to \$110,000 for the roof)
- \$125,000 for the flooring, painting, fixing the plumbing, and replacing electrical, blinds and furniture
- \$20,000 for the kitchen reno (Donor wishes to remain anonymous)

Amount required to finish the project:

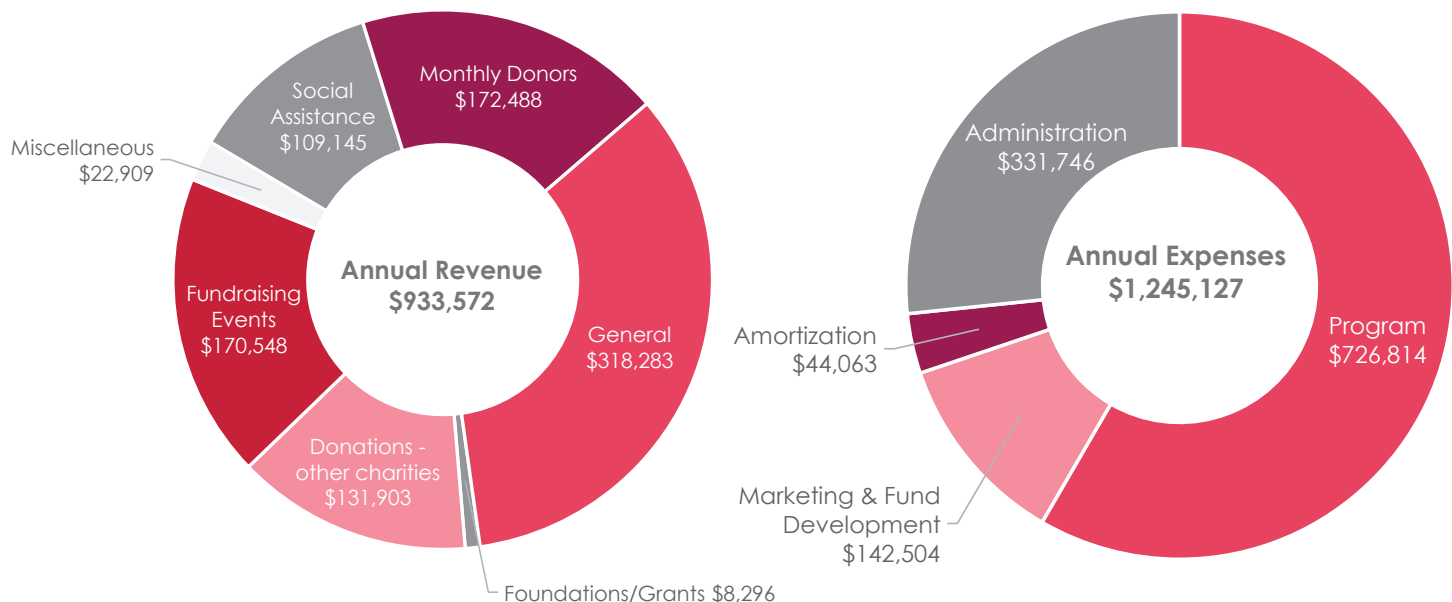
- \$35,000 for flooring for the 2nd level

While we've been blessed with much over the years, we've also been blessed with provision even through lean times. This year has proven yet again that Adeara is meant to operate regardless of the economy. The need for long-term addiction recovery remains strong, even through economic challenges. New ways of funding need to be discovered and implemented. We look forward to the coming year with hope and anticipation.

This past year, we have...

- had the opportunity to celebrate our 20th year as an organization
- transitioned in executive leadership
- made significant upgrades to our facility, through the generosity of donors
- continued growth, learning and refining through every season
- seen 27 women come through our doors

We eagerly look forward to what lies ahead, and we commit to increasing awareness of what we do for those we serve and as well as making a difference in mental health and addiction in Edmonton and beyond. We continue to be fully accredited with 100% compliance and awarded Accreditation with the Canadian Accreditation Council for four years (to 2021). We are determined to persist.





# Growing Forward



adeara

[www.adeara.ca](http://www.adeara.ca)

[@adearearecovery](https://www.instagram.com/adearearecovery)

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